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Taoist meditation water method

Water method of taoist meditation. Taoist water meditation. What is taoist meditation.

This text describes Volume Two of "The Water Method of Taoist Meditation Series", a work that provides meditation practices for inner growth and self-cultivation. It covers various methods, including moving and sitting meditations, the process of dissolving inner blockages, and Taoist sexual meditation. The last chapter delves into internal alchemy, an essential aspect of Taoist self-cultivation. The practices are divided into preparatory, intermediate, and advanced stages with step-by-step instructions for each. The author, Bruce Kumar Frantzis, has spent decades studying various forms of meditation, martial arts, and chi gung in Eastern traditions. He met Liu Hung Chieh, a renowned Taoist master, who decided to share his lineage's knowledge with the author after a series of prophetic dreams. This volume builds upon the foundational practices detailed in Volume One, "Relaxing Into Your Being", emphasizing the importance of laying a proper groundwork for advanced stages. It offers an introduction to internal alchemy and explores the inner dissolving process in greater depth, highlighting the central technique of intermediate practices. To reawaken our connection with the body's inner workings, Taoist teachings emphasize the importance of understanding how our physical sensations relate to our personal relationships and the spiritual forces that surround us. This knowledge is seen as a key form of intelligence that allows individuals to deeply feel their connections with others, the environment, and the universe. As Richard Wilhelm so eloquently puts it: "The water endlessly flows and fills... Under all circumstances, it remains equal to its nature." In this vein, the Chinese Watercourse tradition of Taoism uses water as a metaphor for meditation practice, allowing us to access the Tao. This analogy is further explored through techniques like Non-doing and Emptiness, which illustrate how we can live in harmony with others. The Watercourse Tradition gently guides practitioners from physical awareness to emotional understanding and finally, spiritual connection. While attempting to group these meditations, I realize that the complexities of this tradition are best passed down through practice, but hope to inspire your spiritual journey rather than dictate it. To begin our Taoist meditation journey, we must first become aware of the body. By studying Chinese medicine, Ch'i Kung (also known as Qigong), and Tai Chi, we can learn how to release stress and shed the weights of everyday living. The Gods Meditating in the Clouds technique combines controlled breathing with movement, helping to circulate blood and Chi, strengthen our internal organs, and connect us to the Whole. This practice, favored by Taoist Grand Master Liu Hung Chieh, offers a unique way to merge movement with meditation. As with any practice, the key is consistency – implementing Ch'i Kung into our daily routine, preferably outside with bare feet on the earth, helps us connect with our vital life force. The fourth level of meditation transcends the realm of intuition and psychic awareness, encompassing past lives, unresolved karma, and inner guidance. By embracing this stage, we can actively reconcile these aspects and reconnect with our true selves. The Cosmic Resonance Meditation helps individuals transform their energies by mindful selection of thoughts and words, allowing them to align with the universe and their innermost selves. As we surrender to the profound silence of the Whole, we merge with the true nature of mind – a vast, open space where we become the creator. The concept of "Wu" or jumping into emptiness signifies this union. In the words of Lao Tzu, "The thirty spokes unite in the one nave; but it is on the empty space that the use of the wheel depends." Emptiness, as described by Yin/Yang philosophy, represents non-attachment and freedom from desires and prejudices. Having reached a state of inner peace, individuals can now utilize their true selves as guides to pursue enlightenment – the ultimate goal of meditation. To further illustrate this process, consider Lao Tzu's watercourse way: dissolving our final desires and becoming enlightened, rather than seeking it.